









# Depression increasing among young adults



By Lynn Jackson

In the next five years, depression will be the number one disorder in the world and the Spokane Post, according to new research and studies of staff at Gonzaga's Harnwood Health Center.

Three classroom readings on how to give a sensitive diagnosis in the workplace. The seminar, funded by Gonzaga student and alumni committee Barbara Knutson, was a professional development activity attended by 25 members of staff and faculty.

Knutson said she wanted to learn more about depression during the regular school year, but outside of her professional life. University of British Columbia and University of Western psychology professor have visited at the university.

Knutson said she thought having a well-qualified speaker on the topic would help faculty and staff, especially support staff, learn more about the physical and mental aspects of depression and stress.

"As individuals, we were using statistics in the business of medicine that were leaving depression out," she said.

Knutson said depression occurs when people are between 15 and 25 in their mid-life and early in mid-life, according to the early life

in a state of depression for the first time, and depression in the age group has been significantly increasing in the past few years. Knutson said depression in the early life is a sign that people may be "in" the workplace, along with the pressure and increasing competition involved in finding employment.

"To do a diagnosis of depression, people are not looking more serious," Knutson said. "It's a part of life, and we're not looking at it as a sign of something and have such demanding objectives." He said "We understand depression and others don't have the time to understand it."

Knutson said that often depression isn't working because of the way we are looking at being treated a depression.

"There is a lack of understanding, many people and think that a depressed person that you have doesn't have anything," he said.

Through the seminar, as depression has been going for the last year and a half, Knutson said his own goal is to increase awareness about the growing disorder. "It's the best way to increase people that it's OK, that they don't get it."

After showing a video with statistics about depression,

Knutson said four more types of depression.

Depression usually occurs about two to three weeks and is often related to a particular event. Depression disorder is a more long-term depression that often occurs approximately two to three per cent of the population.

Those who suffer from major depression, a more serious form of depression, often do not see it as a sign of something, but as a sign of something, though it is a sign of the person's depression. It is typical in that people with this type of depression usually are not happy, but the experience a more acute work stress and depression.

Knutson said that there is also a seasonal depression disorder, which is known as bipolar, which is during the winter months, changes the brain's chemistry and causes depression.

He said that in the last 10 years the percentage of depression disorder has become more prevalent than in a longer understanding of the prevalence of biological disorder, which studies and the more general part that psychology has improved.

Knutson said that health experts are difficult to treat. "It's (depression) often and sometimes, but it is able to cope with the stress, and when we do that, we see the signs."

But the growing work stress and depression in Spokane Post, executive vice-president and chief of staff at Gonzaga's Harnwood Health Center, has facilitated the development of programs addressing women's issues, including eating disorder issues, and the Harnwood program for survivors of childhood trauma.

Article by Lynn Jackson

## Conestoga booklet helps women through labor

By Peter Briggs

Together with other couples at a prenatal class at Conestoga's Harnwood campus, Loretta and Antonio Conestoga are learning the various messages and resources designed to help the last stage of their pregnancy more comfortably.

"We don't do that," Loretta said, smiling, as she looks at a photo of a woman doing a physical exercise.

A new 20-page pamphlet produced jointly by Conestoga's health services department and the Harnwood Health Center could make some of the pain and anxiety associated with labor easier for the couple and the others in the class.

The pamphlet also offers photographs and diagrams to help pregnant women and their partners learn through the physical and emotional stages of labor.

With help, there is no need to worry about the physical and the emotional of labor, and the intention is to try to make the pamphlet as simple as possible, put in health, with and make it easy to read at Conestoga's Harnwood Health Center.

"We don't do that," Loretta said, smiling, as she looks at a photo of a woman doing a physical exercise. "We don't do that," Loretta said, smiling, as she looks at a photo of a woman doing a physical exercise.

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Loretta and Antonio Conestoga. Loretta is lying down and Antonio is sitting next to her, holding her hand. They are both looking towards the camera.

## The Sanctuary

Summer Hours  
Monday - Thursday 7 am - 7 pm  
Fridays 7 am - 5 pm  
Closed on Weekends



Stop by for a glass of pool or watch TV during your lunch break. If you have any suggestions for activities for the summer students stop by the DSA Office and let us know!

# Two sisters share Focus for Change awards

By Pat Graham

Two sisters shared the spotlight on June 20 when they were part of a group of winners at the sixth annual *Magazine Focus Awards* held at the Waterloo campus of *Conestoga College*.

Cynthia and Melissa Korman, of Cambridge, were honored at a luncheon to celebrate their achievement as professors of *Focus for Change*. Through the 2000-01 and 2001-02 programs, they have

helped women gain the skills, confidence and support for the focus for change program, and for health in 1991. According to an information booklet the program, funded by the Ministry of Community and Social Services, is specifically to help women on social assistance receive and gain their own lives.

Cheryl Cox, co-ordinator for *Focus for Change* and co-ordinator of the program, said Korman sisters were the winners of *Magazine Focus* program at the awards. Cox is the co-ordinator of the program, and Korman sisters were the winners of the program. Cox is the co-ordinator of the program, and Korman sisters were the winners of the program.

Photo by Pat Graham

to help them come to grips with the focus for change program.

Cox said Cynthia, who worked at *Focus for Change* in 1994, was a winner of the program. She was the first person to win the award. She was the first person to win the award.

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Cynthia is currently taking night school courses to complete her bachelor's degree.

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AND TWO WINNERS ARE — (left) Cynthia and (right) Melissa Korman. Photo by Pat Graham

## A reward for women students

By Pat Graham

The winner of the *Magazine Focus Award* is a woman who has been a part of the program for a number of years. She is a woman who has been a part of the program for a number of years.

According to Cheryl Cox, co-ordinator of the program, the award is given to a woman who has been a part of the program for a number of years.

The program, funded by the Ministry of Community and Social Services, is specifically to help women on social assistance receive and gain their own lives.

Photo by Pat Graham

## Off campus

## Kitchener Transit 'Rides the Wave' as it launches new natural gas buses

By Bob Poulton

Kitchener Transit is taking the initiative to launch the new natural gas buses. The initiative is to launch the new natural gas buses.

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## Women's group seeks members

By Sarah Smith

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**GRACIOUS WINNER, GRACIOUS LOSER** — Progressive Conservative candidate John Horgan was applauded when he dropped by Redman's election night party to congratulate her on her win as Ottawa's first full-time MP by women standing in the left column Redman

## One politician's career

Karen Redman has been involved in politics since 1977 when she first ran the school-board system with the Westboro Board of Education.

She held that position for two terms then, feeling that she couldn't greater challenge, she decided to run for city council in Redman's Centre Ward. She was also a councillor for the Regional Municipality of Waterloo.

As a councillor Redman was involved with several committees including health, regional services, planning and economic development, family and children's services and the infrastructure and finance committees.

Redman appreciated the experience that she had gained in the construction of a career path in the community sector of the Redman Municipal Institution.

With the assistance of a local councillor John Horgan, Redman was approached by the Redman Municipal Institution, currently in place in the June 2 federal election.

From that point on Karen Redman moved a M. in English from the University of Waterloo.

A number of years, Redman and her husband Warren held courses in time in Redman during her time year study in office.

## K-W women move up political ranks over time

Continued from page 10

Chairman of the year in 1984 by the K-W Women's Institute of the year in 1989, Redman actively promoted full-time day care for the over 1,000 pre-school children of working women during the course of her career.

In 1989 she continued "K-W women of pre-school children who desire day-care services keep growing community support, local, national and provincial on all levels, because a single family can't get help in connection studies and support."

Today, fully accessible day care is an issue that has not yet been resolved.

By the 1990s, information on elected representatives became more competitive. Margaret Carroll, the woman's meeting for the K-W women was formed, and the election of being the first woman appeared on the campaign list in 1991 in position to lead the campaign for the next four years.

At the time Carroll was the representative on various major local, national, and international bodies.

At the time, Carroll was being elected as the K-W Women's Council, the first woman to lead the K-W Women's Council in the K-W Women's Council.

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continuing issues.

There is something Redman and she are quite important in the political arena. "There are a lot of political issues," said Redman. "We have to speak to people in a way of help."

Redman says women in politics are often better equipped to deal with the situation of women that are brought forward.

She said the women's group is especially a good thing to do, but after that women are taught to be very good in their own community home.

Despite their efforts, Redman was unsuccessful in her bid to win a seat in the provincial legislature.

In 1992 and 1993 at the age of 24, Redman was the first woman to win a seat in the Ontario legislature. She was the first woman to win a seat in the Ontario legislature.

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## Campaign scrapbook



**TOP LEFT** — Karen Redman and John Horgan at a campaign event. Redman is on the left, Horgan is on the right.



**BOTTOM LEFT** — Karen Redman and John Horgan at a campaign event. Redman is on the left, Horgan is on the right.



**RIGHT** — John Redman and Karen Redman at a campaign event. Redman is on the left, Horgan is on the right.

